

# BLS Sessions 2025

January 16<sup>th</sup>, 27<sup>th</sup>

February 4<sup>th</sup>, 24<sup>th</sup>

March 6<sup>th</sup>, 19<sup>th</sup>

April 10<sup>th</sup>, 28<sup>th</sup>

May 12<sup>th</sup>, 28<sup>th</sup>

June 5<sup>th</sup>, 26<sup>th</sup>

July 9<sup>th</sup>, 17<sup>th</sup>

August 7<sup>th</sup>, 27<sup>th</sup>

September 11<sup>th</sup>, 22<sup>nd</sup>

October 9<sup>th</sup>, 27<sup>th</sup>

November 5<sup>th</sup>, 24<sup>th</sup>

December 4<sup>th</sup>, 18<sup>th</sup>

Please note that we run 2 sessions each day  
10:30 and 14:30 lasting approximately 1 hour each (for just  
adult, will be longer if you stay for paedts). The sessions are  
held in the Education Centre, in the Cauldwell Centre.

**You do not need to book onto these sessions!**

Email [resuscitation@bedfordhospital.nhs.uk](mailto:resuscitation@bedfordhospital.nhs.uk) if you have any  
questions

Please be aware the sessions start **promptly** at these times and you may be turned  
away if you arrive after these times.